

# Food Drive Pyramid

Second Harvest Food Bank  
Serving Riverside & San Bernardino Counties  
2950-B Jefferson Street  
Riverside, CA 92504  
951-359-4757

Fats  
Oils  
Sweets

Vegetable Oils  
Jams & Preserves  
Mayonnaise  
Salad Dressing

Dairy

Dried Milk  
Evaporated Milk

Stew \*  
Chili \*  
Peanut Butter  
Pasta w/Meat \*  
Chicken or Tuna \*  
Beans and Peas\*  
Beans and Peas, dried  
Soups w/Meat &/or Beans \*  
\* canned

Protein

Vegetables

Vegetables, canned  
Tomatoes, canned  
Tomato Sauce and Paste  
Spaghetti Sauce, canned  
Tomato & Vegetable Juice

Fruits, canned  
100% Fruit Juice  
Dried Fruits and Raisins

Fruits

Grains

Pasta, Spaghetti, Macaroni, and Noodles  
Cereals and Cereal Bars  
Biscuit Mix  
Pancake Mix  
Macaroni and Cheese

- Use this Food Pyramid to select nutritious, non-perishable foods for your food drive.
- Choose from a variety of food groups to create balanced meals. Go easy on the fat, salt, and sugar.
- Choose plastic containers or canned items rather than glass.
- For the safety of those we serve, we are unable to accept opened items, items with expired dates, and homemade items.
- **For every dollar donated, the Second Harvest Food Bank distributes over \$25 worth of nutritious food.**

*Thank you for your generous donations!*

10/01/2005